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CHAOKE 520C

CHAOKE Indoor Exercise Bike User Manual

Model: 520C

Brand: CHAOKE

1. INTRODUCTION

Welcome to the CHAOKE Indoor Exercise Bike user manual. This guide provides essential information for the safe and effective use of your new fitness equipment. The CHAOKE 520C is designed for home fitness, offering a quiet and smooth workout experience with its magnetic resistance system and smart connectivity features.



A full view of the CHAOKE Indoor Exercise Bike, showcasing its sturdy frame, comfortable seat, handlebars with tablet holder, and the magnetic flywheel system. Bluetooth and app icons are visible, indicating smart connectivity.

2. IMPORTANT SAFETY INFORMATION

Before operating the CHAOKE Indoor Exercise Bike, please read all instructions carefully. Failure to follow these guidelines may result in injury or damage to the equipment.

- Consult your physician before starting any new exercise program.
- Keep children and pets away from the bike during operation.
- Ensure the bike is placed on a flat, stable surface. Use a mat underneath if necessary to protect flooring.
- Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- Do not exceed the maximum user weight capacity of 150 kg (330 lbs).

- Regularly inspect the bike for loose parts, unusual noises, or damage. Do not use the bike if it is damaged.
- Always use the emergency brake to stop the flywheel quickly if needed.

3. SETUP AND ASSEMBLY

The CHAOKE Indoor Exercise Bike is designed for easy assembly, typically taking around 25 minutes with the included tools. Follow these steps carefully.

3.1 Package Contents

- Main Frame
- Handlebars Assembly
- Seat Assembly
- Left and Right Pedals
- Front and Rear Stabilizers
- Hardware Kit (bolts, washers, nuts)
- Assembly Tools
- User Manual

3.2 Assembly Steps

1. Attach the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are securely tightened.
2. Install the pedals. Note that the left pedal (marked "L") screws counter-clockwise, and the right pedal (marked "R") screws clockwise. Tighten firmly.
3. Insert the seat post into the main frame and adjust to your desired height. Secure with the locking pin.
4. Attach the seat to the seat post. Adjust the seat's horizontal position for comfort and secure it.
5. Insert the handlebar post into the main frame and adjust its height. Secure with the locking pin.
6. Connect any necessary cables for the LCD monitor, if applicable, and mount the monitor.

Best Exercise Bike with BLUETOOTH and Timekeeping Device



Zwift



Kinomap



Bluetooth



An illustrative image detailing the various components of the exercise bike and their assembly points, highlighting the ease of putting the bike together.

4. OPERATING YOUR CHAOKE EXERCISE BIKE

4.1 Adjusting Seat and Handlebars

The bike features easily adjustable seat height, seat fore/aft position, and handlebar height to accommodate users from 140 cm to 190 cm, ensuring a comfortable and ergonomic riding position.

- **Seat Height:** Loosen the knob on the seat post, slide the seat to the desired height, and re-tighten securely.
- **Seat Fore/Aft:** Loosen the knob under the seat, slide the seat forward or backward to find your optimal position, and re-tighten.
- **Handlebar Height:** Loosen the knob on the handlebar post, raise or lower the handlebars, and re-tighten firmly.

Adjustable Bike Seat and Handlebars



A woman demonstrating the adjustable features of the bike, including the comfortable seat and handlebars, highlighting how users can customize their riding position.

Maximum Adaptable Height And Weight

Capacity of the Exercise Bike

300
LBS

Capacity **300LBS**



An image illustrating the bike's adaptability for users of various heights, from 140 cm to 190 cm, ensuring comfort for a wide range of individuals.

4.2 Magnetic Resistance System

The CHAOKE 520C utilizes a powerful magnetic resistance system with 0-100% adjustable levels, controlled by a single knob.

- **Increase Resistance:** Turn the knob clockwise to increase resistance for a more challenging workout, targeting muscle strengthening.
- **Decrease Resistance:** Turn the knob counter-clockwise to decrease resistance for an easier ride, ideal for warm-ups or recovery.
- **Emergency Brake:** Press the knob down firmly to engage the emergency brake and stop the flywheel immediately.

0-100% Adjustable Magnetic Resistance Satisfy All Level Requirements



An image illustrating the resistance adjustment knob and its range from 0% (warm-up) to 100% (muscle strengthening), demonstrating how to customize workout intensity.

4.3 LCD Monitor and Bluetooth Connectivity

The integrated LCD monitor displays real-time workout data. The bike also supports Bluetooth connectivity for syncing with popular fitness apps.

- **LCD Monitor:** The monitor typically displays key metrics such as time, distance, calories burned, and speed. Refer to the monitor's specific instructions for detailed operation and mode selection.
- **Bluetooth Connection:** To connect via Bluetooth, ensure Bluetooth is enabled on your smartphone or tablet. Open your preferred fitness app (e.g., Zwift, Kinomap) and follow its instructions to pair with the CHAOKE bike.

Our



CHAOKE Quiet Magnetic System

 **<10db**

- ✓ Low noise level
- ✓ Smooth resistance
- ✓ Durable

Others



Wool Felt Exercise Bike

 **>50db**

- ✗ Loud
- ✗ Unsteady resistance
- ✗ Friction wear

An image showing the exercise bike in use, with a tablet mounted on the handlebars displaying a virtual cycling route, and an inset showing the timekeeping device and Bluetooth logo.

5. KEY FEATURES

- **Ultra-Quiet Magnetic Resistance:** Experience smooth and silent workouts with the 15,000 Hz magnetic resistance system, operating at less than 10dB. This minimizes wear and tear and allows for quiet operation, ideal for home use without disturbing others.

Compatible With **BLUETOOTH APP** Connectivity

For A More Professional Workout



A comparison highlighting the CHAOKE's quiet magnetic system (less than 10dB) versus traditional wool felt bikes (over 50dB), emphasizing low noise, smooth resistance, and durability.

- **Robust Construction:** Built with 2mm thick steel and a stable triangular design, ensuring exceptional durability and stability during even the most intense workouts. The electrophoretic rust protection maintains its appearance for years.

Quiet and Comfortable Exercise Bike

Smooth and Belt Driven System



A visual representation of the bike's robust construction, pointing out the 2mm thick steel tubing and the 300 lbs (150 kg) safety weight capacity, indicating its durability and stability.

- **Adjustable Resistance Levels:** Offers a wide range of 0-100% adjustable magnetic resistance, making it suitable for all fitness levels, from gentle warm-ups to high-intensity interval training.
- **Comfortable and Adjustable Design:** Features a soft, road bike-quality saddle and full-size rubber pedals for maximum comfort during long sessions. The seat and handlebars are easily adjustable to fit a wide range of user heights.
- **Smart Connectivity:** Bluetooth enabled for seamless synchronization with popular fitness apps like Zwift and Kinomap, providing real-time statistics, virtual routes, and interactive training experiences.
- **Easy Assembly:** Designed for quick and straightforward assembly in approximately 25 minutes with included tools and a clear English manual, no additional tools are required.
- **High Weight Capacity:** Safely supports users up to 150 kg (330 lbs).

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your CHAOKE Exercise Bike. Follow these simple steps to keep your bike in excellent condition.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish.
- **Lubrication:** The magnetic resistance system requires minimal lubrication. However, periodically check for any squeaks or unusual noises from moving parts (e.g., seat post, handlebar post) and apply a silicone-based lubricant if necessary.
- **Tightness Check:** Periodically (e.g., monthly) check all bolts and nuts, especially on the stabilizers, pedals, seat, and handlebars, to ensure they are securely tightened. Loose components can affect stability and performance.
- **Pedal Inspection:** Inspect pedals for wear and tear. If the straps or pedal body show significant damage, replace them to ensure safe operation.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight, excessive humidity, and extreme temperatures to prevent corrosion and material degradation.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your CHAOKE Exercise Bike and provides potential solutions.

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Uneven floor; Loose stabilizers or frame bolts	Adjust the leveling feet on the stabilizers to compensate for uneven flooring; Check and tighten all bolts on the frame and stabilizers.
Squeaking or grinding noise	Loose parts; Lack of lubrication on adjustable components; Debris in flywheel area	Check and tighten all bolts; Apply silicone lubricant to the seat post and handlebar post if they squeak during adjustment; Inspect the flywheel area for any foreign objects.
Resistance not changing or inconsistent	Resistance mechanism issue; Knob not properly engaged	Ensure the resistance knob is fully engaged and turning the internal mechanism; If the issue persists, contact customer support.
LCD monitor not displaying	Batteries dead or incorrectly installed; Loose cable connection	Replace the batteries in the monitor; Check all cable connections from the bike to the monitor to ensure they are secure.
Bluetooth connectivity issues	Bluetooth off on device; App issues; Interference	Ensure Bluetooth is enabled on your smartphone or tablet; Restart the fitness app and the bike; Move closer to the bike to reduce interference; Try pairing with another device to isolate the problem.

If you encounter issues not listed here or if the provided solutions do not resolve the problem, please contact CHAOKE customer support for further assistance.

8. PRODUCT SPECIFICATIONS

Feature	Specification
Model	520C
Brand	CHAOKE
Color	Black/Yellow
Material	Acrylonitrile Butadiene Styrene (ABS)
Drive System	Chain
Resistance Type	Magnetic
Resistance Levels	0-100% Adjustable
Display Type	LCD
Max User Weight Capacity	150 kg (330 lbs)
Recommended Max Height	190 cm
Product Dimensions (L x W x H)	103 x 49 x 112 cm
Product Weight	22 kg
Special Features	Adjustable Seat, Bluetooth Connectivity
UPC	757611902253

9. WARRANTY AND CUSTOMER SUPPORT

CHAOKE is committed to providing high-quality products and excellent customer service. Your CHAOKE Exercise Bike comes with comprehensive support.

- **Warranty Coverage:** CHAOKE offers a 5-year warranty on this product from the date of purchase, ensuring peace of mind regarding manufacturing defects and major component failures.
- **Expert Assistance:** Our team of expert engineers is readily available to provide personalized video guidance for any technical issues or questions you may encounter during assembly or operation.
- **Response Time:** We guarantee a response to your inquiries within 18 hours, ensuring timely support.

- **Contact:** For support, warranty claims, technical assistance, or to provide feedback, please refer to the contact information provided on the CHAOKE official website or your original purchase documentation.